



Employee Wellness Meeting Agenda

September 10, 2018

SSD Board Room, 3:30 - 4:30

Employee Wellness Mission

The mission of the Special School District Employee Wellness program is to improve the health and well-being of SSD employees and promote healthy lifestyles which, in turn, foster an environment to enhance student success.

Agenda

- Introductions
 - Wellness Champs
 - Deb Kiso and Aetna team
 - Lisa Paschke and PAS team
 - Diane Andrea at J.W. Terrill

- Planning 2018-2019
 - Theme(s) – Time for Me
 - Survey follow-up, tailored programs
 - Flu shots
 - Wellness Champion SSD Life site
 - Fitness evaluations (details to follow)

- Dimensions of Wellness, Resilience – Lisa Paschke

- Mindfulness, Quest, Teladoc, Processes – Deb Kiso

- iBenefits app, Competitions/Campaigns – Diane Andrea

- Roundtable discussion

- Surprise gift for you!

- Q&A